



The Journal

Vol. 29

No. 48

www.dcmilitary.com/journal/

December 7, 2017

Murtha Cancer Center Celebrates 5th Anniversary



Photo by A.J. Simmons



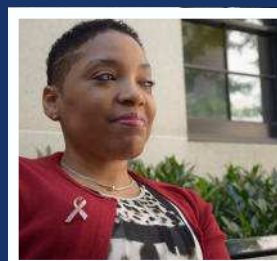
NSAB
Remembers
Seta
Macrie

- Page 4



USU Alumnus,
Student
Save Texas
Woman's Life

- Page 5



Breast, Brain
Cancer
Survivor
Keeps Faith

- Page 6

Murtha Cancer Center Celebrates 5th Anniversary

Officials Sign Collaborative Efforts Statement, Multi-Federal Cancer Initiative

By Bernard S. Little
WRNMMC Command Communications

Five years ago while battling cancer, Andrew Christianson sat in a wheelchair as other dignitaries joined him to cut the ribbon to dedicate the John P. Murtha Cancer Center (MCC) at Walter Reed National Military Medical Center.

On Dec. 1 of this year, Christianson, now an 18-year-old high school senior, competitive swimmer and cancer survivor looking at colleges to attend next fall, walked from dignitary to dignitary shaking hands during a ceremony celebrating the cancer center's fifth anniversary.

Christianson is one of a number of cancer survivors treated at the MCC who attended the ceremony celebrating its last five years and looking to the future of continuing to provide exceptional care while joining forces with other federal agencies to optimize resources in the battle against cancer. Those MCC partners include Veterans Affairs, Uniformed Services University and National Cancer Institute, whose leaders signed a collaborative efforts statement, multi-federal cancer initiative during the ceremony.

Democratic Leader of the U.S. House of Representatives Nancy Pelosi served as guest speaker at the ceremony as she did five years ago at the dedication of the MCC. She served in the House with Murtha, the longest-serving member ever of the House from the state of Pennsylvania. A former Marine, Murtha was the first Vietnam War veteran elected to the House, serving 36 years in this body of Congress. He died in 2010.

Pelosi said those involved in the work and development of the MCC "can take great pride in the progress that has been made" since its dedication five years ago. She said Murtha was "a real champion for America being preeminent quantitatively and qualitatively in every way. His main concern was the well-being of our men and women in uniform and when they became veterans. But he also knew the strength of America depended on how we deal with issues that relate to health, and so the John P. Murtha Cancer Center is an appropriate tribute to his work."

She explained Murtha fought to advance scientific research to seek treatments and cures for breast cancer, prostate cancer, diabetes and HIV/AIDS, but called the MCC "the jewel in the crown" in the long list of causes he championed. "Jack firmly believed we must measure our nation's greatness not only in the might of our military, but also by the quality of care we provide to those who served. Jack would be so proud [of the MCC]," Pelosi added.

In his welcoming remarks at the ceremony, Navy Capt. (Dr.) Mark A. Kobelja, WRNMMC director, explained that cancer is a readiness concern for the military with approximately 1,000 service members diagnosed with some form of the disease annually. "[WRNMMC and USU] house some of the greatest intellect in cancer research, and over the last decade we have established a very close relationship with the NCI." He added that this alliance is unique in cancer care and will be enhanced with the VA, which gives reason for pause to observe the MCC's anniversary and "the lives that are being saved" by



PHOTO BY A.J. SIMMONS

Congress and military officials celebrate the fifth anniversary of the John P. Murtha Cancer Center at Walter Reed Bethesda Dec. 1.



PHOTO BY BERNARD S. LITTLE

Cancer survivor Andrew Christianson, 18, treated at the John P. Murtha Cancer Center at Walter Reed Bethesda, shakes hands with Secretary of Veterans Affairs David Shulkin during the MCC's fifth anniversary celebration at WRB Dec. 1.

its staff and partners.

Retired Marine Corps Col. Brian Murtha, a Bronze Star recipient and the nephew of the MCC's namesake also spoke at the ceremony. He said his uncle accomplished many things "through the people." The retired colonel explained his uncle was passionate about the military and readiness. "He focused on how do I get readiness, and that was through taking care of [military] families through medical programs like you got here [at the MCC and WRNMMC]," Murtha said.

"As we celebrate the fifth anniversary of DoD's only Cancer Center of Excellence, we recognize the impact Congressman Murtha's inspiration and dedication continues to have on healing, discovery, caring, expertise and perhaps, most importantly, hope... the five core values of the center named in his honor," added Army Maj. Gen. (Dr.) Jeffrey Clark, director of operations for the Defense Health Agency and former director of WRNMMC. He added that Murtha's impact is far-reaching beyond the walls of WRNMMC to other facilities within the



PHOTO BY BERNARD S. LITTLE

Democratic Leader of the U.S. House of Representatives Nancy Pelosi gives the keynote remarks during the fifth anniversary of the John P. Murtha Cancer Center at Walter Reed Bethesda Dec. 1.

Military Health System and other federal agencies across the nation.

To enhance DoD's cancer care and expand its area of expertise, the MCC has partnered with military treatment facilities at Naval Medical Center Portsmouth, Virginia; Womack Army Medical Center, Fort Bragg, North Carolina; Keesler Air Force Medical Center, Biloxi, Mississippi; Naval Medical Center San Diego, California; San Antonio Military Medical Center, Texas; Madigan Army Medical Center, Tacoma, Washington; and Fort Belvoir Community Hospital, Virginia.

The MCC also allies with a number of other cancer institutes and centers throughout the nation as part of the ORIEN (Oncology Research Information

Friends, Coworkers Remember Long-Time NSAB Employee

By Andrew Damstedt
The Journal

Long-time Naval Support Activity Bethesda employee Seta Macrie was memorialized Nov. 30.

Macrie, 79, died Oct. 17. The memorial service held near the pavilions at the MWR Sports Complex was a way for coworkers who viewed Macrie as a “work mom” to honor her.

“She would make food for people, sew clothes,” said Courtney Silvestre, Fleet and Family Readiness Director. “She was very organized and particular about how she did things. She was brutally honest in the best way.”

Friend Jane Bonheim said she and Macrie had recently started taking several day and weekend trips.

“She would sit by the window in hotel room marveling at the beauty of what she saw, whether it was the ocean or something else in nature,”



PHOTO BY MC3 WILLIAM PHILLIPS

Seta Macrie, center, was recognized for her 28 years of dedicated service at Naval Support Activity Bethesda in July. She died Oct. 17 and NSAB held a memorial service Nov. 30.

Bonheim said. “She especially loved the ocean. When in Atlantic City we had to find a buffet with crab legs, she

even brought her own cracker for easy opening. Seta also loved New Jersey diners, I do too. When we saw one, we

stopped, for breakfast whatever the time of day. Lastly – and there is so much more – she gave gifts to those of us around her, just because. And no one sets a table like she could. I do so miss her.”

Macrie started working at NSAB in 1989 and was recognized for her “28 years of dedicated service” in July. She was most recently an administrative assistant for MWR.

At the memorial, NSAB Commanding Officer Capt. Marvin L. Jones said he keeps Macrie’s business card at his desk to remind him of the “brightness and joy” she brought to those around her.

“She endeared herself not only to the work, but to the people who worked with her,” Jones said.

NSAB Chaplain Christilene Whalen read a Maya Angelou poem, “When Great Trees Fall.”

Macrie is survived by one daughter and two grandchildren.

NEX Bethesda Lights Up Holiday Season



PHOTO BY MC2 WILLIAM PHILLIPS

Navy Exchange Bethesda lit a Christmas tree and honored Gold Star families and Naval Support Activity Bethesda’s Sailors of the Year Nov. 29.

USU Alumnus, Student Save Texas Woman's Life

By Sharon Holland
USU External Affairs

Swift action saved the life of a Texas woman last week when two members of the USU family happened to be on site as a woman went into cardiac arrest.

Army Captain (Dr.) Jason Ausman was among the nation's military service members and civil servants who were off work on Friday, Nov. 10, in observance of Veterans Day. He was taking advantage of the break and having breakfast with his wife and friends from USU who were also down in Texas.

Army 2nd Lt. Donald Rees and his fiancée, Army 2nd Lt. Renuka Shukla, joined the Ausmans at a Cracker Barrel restaurant in Harker Heights, Texas, near Carl R. Darnall Army Medical Center, where Jason is a first-year emergency medicine resident. Rees, Shukla, and Army 2nd Lt. Chelsea Ausman are all fourth-year medical school classmates at USU; Jason earned his M.D. degree from USU in May.



PHOTO COURTESY USU

Army 2nd Lts. Don Rees and Renuka Shukla, Army Capt. (Dr.) Jason Ausman, and Army 2nd Lt. Chelsea Ausman, enjoying breakfast at a Harker Heights, Texas, restaurant Nov. 10.

See **RESCUE**
Page 8



EXTRAORDINARY STORIES BEYOND THE FRONT LINE

If it is true that love is patient and love is kind, then there is no more obvious an example than the story of Wanda and Oliver Carter. Their tale is a journey from tragedy to a true and enduring romance. It is a love that fills the hearts and halls of Falcons Landing.

We invite you to experience a connection that can only be found through the common bond of service to country. To learn more about the extraordinary residents and lifestyle at Falcons Landing visit our website, falconslanding.org.



FALCONS LANDING
Common Bonds. Extraordinary Living.

Breast, Brain Cancer Survivor Keeps Faith, Stays Strong In Face of Challenges

By Bernard S. Little and Kalila Fleming
WRNMMC Command Communications

“Keep the Faith, Keep the Fight, Stay Encouraged and Rock On,” said Linda Casteal, a breast and brain cancer survivor in explaining how she lives her life and the advice she shares with others meeting their challenges.

First diagnosed with breast cancer 18 years ago, Casteal, 47, has since faced additional battles against multiple sclerosis in 2001, a second diagnosis of breast cancer in 2006, and brain cancer in 2014. She credits her faith, support from her family and the care of the medical professionals at Walter Reed National Military Medical Center with saving her life.

A native of Shreveport, Louisiana, Casteal was active duty Army when she began experiencing pain in her breast in 1999. She went to her primary care doctor who felt a lump “a little harder than a cyst” in her left breast. “They sent me to the General Surgery Clinic where they performed an aspiration.”

Casteal said the aspiration was followed by a biopsy, which was 99 percent negative. “The doctors went back in and found the 1 percent that was cancerous,” she added.

When she first got the news she had breast cancer, Casteal said she recalled just sitting in the hospital lobby crying because she went alone not expecting to get those “shocking results.” She contacted her supervisor with the results, “trying to hold back tears,” and explained she had to sit in the lobby for a while prior to driving back. “He spoke with me for a minute with encouragement and instructed me to go home and to call him to ensure I got there safely.



PHOTO BY KALILA FLEMING

Linda Casteal, a breast and brain cancer survivor who also has MS and receives care at Walter Reed National Military Medical Center, explains she “keeps the faith, keep up the fight, stay encouraged and rock on,” and she encourages others to do the same when facing their challenges.

“I was 28 confused and shocked,” she said.

According to the National Institutes of Health, about 7 percent of women with breast cancer are diagnosed before the age of 40 years. At the age of 30, the risk for women of developing breast cancer is one in 227, and that number increases to one

in 68 at age 40. However, breast cancer occurs indiscriminately, and all women should be aware of their personal risk factors for the disease.

Casteal explained that the Breast Cancer Center at WRNMMC Specialized Oncology Clinic tested her for special genetic disposition. Testing results showed Casteal inherited a mutated BRCA 1 Gene, which her only and older sister lost the battle with the disease and both nieces tested positive for BRCA1 gene that could produce the hereditary breast-ovarian cancer syndrome.

Casteal added her daughter has been tested for the mutated BRCA1 gene which can cause cancer and results were negative. However, her son did test positive for the mutated gene although he has not developed breast cancer. Less than 1 percent of all breast cancer develops in males, according to the American Cancer Society, which estimates for 2017 about 2,470 new cases of invasive breast cancer will be diagnosed in men.

Treated at the former Walter Reed Army Medical Center, Casteal had a modified radical mastectomy on her left breast. “They treated me with urgent care, staying on top of things and really spoiling”, as she recalled of her care.

A mother of two, a daughter Gabrielle, 25, and a son Keianno, 23, Casteal worked for the Defense Intelligence Agency after medical retirement from the Army following nine years of active duty. She explained that she remained in the area to continue working for the agency because it was important to her to continue to receive her care at Walter Reed, which also included numerous surgical procedures to

BAINBRIDGE

SHADY GROVE METRO

- New Award winning community
- Whirlpool stainless steel appliances
- Full-size washer and dryer
- Walk-in closets*
- One-, two- and three- bedrooms
- Hardwood-style floors throughout
- Modern kitchens with islands*
- Granite countertops
- Interactive Cyber Cafe
- Green roof and smoke-free building
- Four-minute walk to Metro
- Fitness center
- South Beach-style swimming pool
- In-building garage parking
- Bike storage

2 Months Free

Call for details.

*Select Apartments

15955 N Frederick Rd • Rockville, MD 20855 • 1-866-426-0027

shadygrovemetro@bainbridgere.com • www.BainbridgeShadyGroveMetro.com

See **SURVIVOR**

Page 9

CLIMATE

From
Page 2

Silvernail noted that other positive responses from WRNMMC staff included feeling closely connected to the importance of the organization's mission, feelings of safety within the hospital and trust in leadership to make good decisions.

"I was very pleased—and more importantly, very proud—to see the number of people completing that survey who were as proud and privileged to work at Walter Reed as so many of us are. We really do come together and do amazing things every day in patient care, clinical operations [and] facilities management," Silvernail stated.

The DEOCS also revealed a few areas in which staff felt that the organization could improve, as Silvernail explained: "Although we found a lot of great things that we're doing, we also found some areas that we need to improve. So the command assessment team, whose work on this has been invaluable in helping us understand these results and move forward, [presented] a couple areas in which we need to improve."

Silvernail explained the areas in which staff saw room for improvement, saying, "Our staff tell

us that they feel safe from assault and harassment here, but that they sometimes feel there are still some barriers to reporting those things if they see them or experience them."

He also noted that another area in which staff expressed that there was room for improvement was in regards to feelings of inequality between staff members, meaning that some staff members feel there is a difference between how military, civilian and contracted employees are treated by other staff.

The final area for improvement, Silvernail explained, was in regards to the challenge of the mission: "As important of a mission as we have at Walter Reed, it's also very difficult," he said. "People often feel very tired...about the pace of work, especially with the complexity of the work that we do at Walter Reed. So we're very interested in improving all of these areas."

These points for improvement were collated into four focus areas, each with a staff team leader responsible for gathering feedback from fellow staff members regarding the improvements, as Silvernail explained.

"Our team leaders are pulling together members: interested staff members, as well as some members of the Command Assessment team and anyone who wants to join us in

helping make Walter Reed a better place to work," said Silvernail.

He emphasized the importance of engaging with the staff in this way, saying, "We don't have some committee decide something in an inner room. We all do it as a team with collaborative care. When we deliver health care, when we develop complicated clinical operations procedures to take care of our staff and patients, that's a team effort. So it is for these improvement areas."

"By having the team leaders and volunteers on each of the committees, we get input," said Army Maj. Sofiya Nukalo, executive assistant to the director. "All the staff have great ideas and input on how to improve things, and so this is a great way to give everyone the option to voice their opinion and actually get buy-in from the staff."

Silvernail agreed, saying, "It's the staff at Walter Reed that come together to make those things happen, and we're interested in hearing from them about the best way we can deliver information to them."

Both Silvernail and Nukalo recognized the hard work and dedication of the Command Assessment team — a group of WRNMMC staff members, including Navy and Army personnel — in helping to efficiently and effectively

assess the results of the DEOCS.

"They did a phenomenal job," said Nukalo. "I think [it's] phenomenal that they volunteer and come to each meeting and continue the whole process even after the survey was over."

Silvernail and Nukalo also emphasized the importance of keeping WRNMMC staff members up-to-date with the continued improvements in the command climate. More information about the ongoing work to improve the command climate will be available on the WRNMMC intranet page, email and paper communications, as well as through regular command climate updates at each monthly Town Hall meeting.

Additionally, for questions or comments regarding specific focus areas, contact the focus area team leaders: Navy Lt. Cmdr. Rachel Bradshaw for Sexual Assault/Harassment reporting (Rachel.a.bradshaw.mil@mail.mil); Navy Cmdr. Arlin Hatch for Resiliency and Fatigue Management (arlin.l.hatch.mil@mail.mil); Army Chaplain (Maj.) Chul Jeon for Dignity and Respect for All (chul.w.jeon.mil@mail.mil); and Navy Petty Officer 2nd Class Kevin Cunningham for Command Communications (kevin.v.cunningham2.mil@mail.mil).

WE'RE THE KEY TO YOUR NEXT ADVENTURE

In the time it may have taken you to decide on your next travel destination, you could have had a car loan decision from Navy Federal.

- > Easy application and fast approval process
- > Low monthly payments
- > Flexible payment options

Plus, if you didn't finance your current auto loan at Navy Federal, now is your chance to save. **Refinance your auto loan from another lender with us and get \$200.¹**

Easily apply with our mobile app,² online or at your local branch.
navyfederal.org 1.888.842.6328

**NAVY
FEDERAL**
Credit Union

ARMY
MARINE CORPS
NAVY
AIR FORCE
COAST GUARD
VETERANS



Federally insured by NCUA. ¹Existing Navy Federal loans are not eligible for this offer. You must make your first scheduled payment in order to receive the offer. \$200 will be credited to the primary applicant's savings account between 61 and 65 days of the loan origination date. If the auto refinance loan is canceled or paid off in the first 60 days, the \$200 offer will become invalid. Offer may end at any time. Recipient is solely responsible for any personal tax liability arising out of the acceptance of this incentive. ²Message and data rates may apply. Visit navyfederal.org for more information. © 2017 Navy Federal NFCU 10139-B (11-17)

RESCUE

From
Page 5

The four had just ordered breakfast when they heard someone several tables away in the restaurant yelling, "Help! My mom is dead. I need a doctor." Without hesitation, Ausman and Rees sprang from their seats and ran over to find Anita Boucher, 64, pale and lifeless in her chair.

Boucher was not breathing, nor did she have a pulse when Ausman and Rees checked. The pair asked a member of the restaurant staff to call 911 and another for an AED, but there wasn't one on site.

Lance, Boucher's son, thought his mother was already dead. "She was gone," he told the local news station KCEN-TV. "You could see it in her face. She was gone."

But that didn't deter Ausman and Rees.

They lifted Boucher down to the floor and Ausman began a more thorough assessment, stabilizing her cervical spine and ensuring her airway was open while Rees began cardiopulmonary resuscitation.

"Up until this point it honestly felt like I was back in Basic Life Support training. It just felt automatic. That first compression, though, was something else," said Rees. "There was a civilian trying to start compressions after I had made the comment of wanting to start compressions, but he was pressing gently and slowly. I told him I'd take over."

While Shukla and Chelsea Ausman kept the gathering crowd calm and at bay, Rees did chest compressions for several minutes, talking to Ausman about her airway before Boucher finally began breathing and opened her eyes. She was confused, still pale, and barely had a pulse. Lance



PHOTO BY THOMAS C. BALFOUR

Army Capt. (Dr.) Jason Ausman, a Uniformed Services University of the Health Sciences class of 2017 alumnus, helped save the life of a Texas woman Nov. 10. This is the second life saved by Ausman in the last three years.

Boucher started yelling, "This guy saved her life!" and his mother kept apologizing. Rees and Ausman stayed with her until the EMS team arrived. They briefed the EMS team about what had happened and the actions that were taken. One of the medics saw Rees's Department of Defense ID card when he asked for his identification and said, "Look, this guy is an Army medic." Rees tried to clarify that he was a medical student and didn't graduate until May, but it was lost as the EMS team left the restaurant. Boucher was taken to the hospital, where she was admitted to the intensive care unit.

The Army officers went back to eating their breakfasts as if nothing had happened, while



PHOTO BY THOMAS C. BALFOUR

Army 2nd Lt. Donald Rees, a fourth-year medical student at the Uniformed Services University, put his training into practice Nov. 10, when he helped save the life of a Texas woman who suffered a heart attack.

customers "high-fived" them on the way to their table. Meanwhile, unbeknownst to Ausman and Rees, the manager was looking for them, unaware they were still in the restaurant, to say thanks. Boucher's son also wanted to offer his thanks, but had not gotten their names. All he knew was one was an Army doctor from Fort Hood, so he turned to the media to find out if anyone knew who they were. Soon, the media was aiding in the search for the mystery "hero" who had saved Boucher's life.

All of this was eerily familiar to Ausman. Three years earlier, shortly after finishing his first year in medical school, Ausman and some of his USU classmates were getting ready to enjoy a day off at a local go-kart track when they noticed a man suddenly collapse. Ausman immediately rushed over to help the man, who had no pulse and was not breathing. He started chest compressions and continued until the paramedics arrived. They confirmed Ausman's suggestion of cardiac arrest, and administered life-saving support with a defibrillator while he continued chest compressions. Eventually the man's heart began to beat again and he was taken to the hospital. Ausman and his friends went on to enjoy their time at the speedway.

After a week in the hospital, the man reached out to the go-kart track to see if they knew who had saved his life. The manager had no idea, but contacted dozens of the riders who had registered that day, asking if any had performed CPR at that racetrack. They finally reached Ausman, who responded and gave them permission to share his contact information with the man. Within a few days, he received an emotional message from the grateful man. "Considering the type of heart attack I had, the normal survival rate is about two percent for an out-of-hospital attack," he said. "The circumstances that allowed our paths to cross and your actions are as big as life itself. Just to say 'thank you' seems insignificant for what you did for me." He went on to say that his friends told him that only 30 seconds lapsed between the time he passed out and when Ausman was there to assist. "I am very lucky to be alive today."

For Rees, the scenario was also slightly familiar. A couple of weeks earlier, he completed USU's Military Contingency Medicine course and its field practicum, "Operation Bushmaster," which puts fourth-year medical students in a field environment for a week-long exercise to challenge and test their military medical and leadership skills under austere and often chaotic conditions. Part of the course was Advanced Trauma Life Support and many of the scenarios involved saving lives.

"This experience was surreal. This was not a training environment, I definitely felt a difference. And for me at least, this was the first time in medicine that we were the most qualified people in the room, which is interesting considering I'd never performed compressions on a live patient before," Rees said. "Jason was fantastic, going over scenarios and adding a calming presence to everyone trying to help. He was ready to jump in on compressions to give me a break when she came back to us."

"I certainly don't consider myself a hero," Ausman said. "I just happened to be in the right place and used my training to help somebody that was in need of it. I was simply doing what I do every day at work, and I hope that anybody would have helped her the same way if I wasn't there."

"What we did wasn't out of the realm of expectations of a USU graduate in the slightest," said Rees. "Any one of my classmates would have done the same and would have been expected to do the same and more if needed."

HANDMADE HOLIDAYS



**300+ ARTISTS
LAST CHANCE
FOR HOLIDAY
GIFTS!**

**SUGARLOAF
CRAFTS
FESTIVAL®**
Est. 1975

DEC 8, 9, 10, 2017

Dulles Expo Center

CHANTILLY, VA • RT. 28 AT WILLARD RD

Admission: \$8 online; \$10 at the door

Admission good all 3 days

Children under 12 & parking are FREE

Fri. & Sat. 10-6, Sun. 10-5

•Exciting Demos
•Tasty Treats
•Shopping Fun
•Kids' Entertainment

DISCOUNT TICKETS
show info, exhibitor lists,
directions and more at:

SugarloafCrafts.com
SUGARLOAF MOUNTAIN WORKS, INC. • 800-210-9900

HELP GIVE OUR MILITARY FAMILIES A HELPING HAND.

Wounded Warriors Family Support (WWFS) is an independent nonprofit organization whose mission is to improve the quality of life for our combat wounded.

Earning Charity Navigator's highest four-star rating, WWFS serves veterans and their families across the country in a variety of ways: Respite, Family Retreats, Mobility-equipped Vehicles and Veterans Welding Training.

CFC# 81534
wwfs.org



**WOUNDED
WARRIORS
FAMILY
SUPPORT**
WOUNDEDWARRIORSFAMILYUPPORT.ORG

ANNIVERSARY

From
Page 3

Exchange Network) Alliance, which is also dedicated to collaborating and sharing cancer data, tissue samples, novel treatments, clinical trials and other information to advance cancer research and care.

The MCC and VA are participating in the APOLLO (Applied Proteogenomics Organizational Learning and Outcomes) consortium. APOLLO is performing deep molecular profiling in DNA, RNA and protein levels of more than 8,000 cancer samples of patients seen in centers by laboratories of DoD through the Murtha Cancer Center Research Program at USU to improve cancer research and care.

“We are celebrating our partnerships... past, present and future,” explained Army Col. (Dr.) Craig Shriver, MCC director, about the MCC’s fifth anniversary event. In quoting Henry Ford, Shriver said, “Coming together is a beginning; keeping together is progress; working together is success.” He added, “By this and any other definition, the MCC is a success. We cannot accomplish all that we need to do without working together.”



PHOTO BY BERNARD S. LITTLE

Beginning second from left, President of the Uniformed Services University Dr. Richard Thomas, Walter Reed Bethesda Director Navy Capt. (Dr.) Mark A. Kobelja, National Cancer Institute Director Dr. Norman Sharpless and Secretary of Veterans Affairs David Shulkin sign a collaborative efforts statement, multi-federal cancer initiative to serve as allies to optimize resources in the battle against cancer during the fifth anniversary ceremony of the John P. Murtha Cancer Center at WRB Dec. 1.

Shriver said that the approximate 1,000 service members diagnosed with cancer annually, in addition to those other MHS beneficiaries and veterans also stricken with the disease, “deserve the best chance of cure possible, and these partnerships ensure that with the health-care resources of the entire federal government are behind them and they will get the best care because those in uniform and those who

once served in uniform are truly our nation’s heroes.”

USU President Dr. Richard Thomas called the MCC “a great center” where many are benefiting through its compassionate care. He agreed that Congressman Murtha was passionate about military medicine and that it must be “maintained and sustained” for readiness. Thomas called Murtha “a steadfast advocate for military and federal medicine. He had vision, and

he would come [to the hospital] to see patients and the troops, after all, he was one himself.”

“He was a real American hero,” said Dr. Norman Sharpless, NCI director. He agreed the partnership between the NCI, MCC, USU and VA is “critical to enhancing cancer research and discoveries to help patients.”

David Shulkin, the VA secretary, said he has watched the growth of the MCC, which is “constantly improving and doing a better job for its patients. Centers like this just don’t happen; they happen because of a lot of hard work and teams pulling together, especially when you’re dealing with cancer care and the interdisciplinary nature that has to be provided [to patients],” he continued. “We’re delighted to now be a partner with you, and we think it will benefit active service members, veterans and the American people for us to work together in areas such as research, big data, intellectual property development important for future discoveries, clinical trials and bio-banking to help accelerate discoveries. I hope this is just the beginning,” the VA secretary added.

For more information about the Murtha Cancer Center, call Kerri Cronin, associate program manager, at 301-400-1477.

SURVIVOR

From
Page 6

include further breast cancer care that provides breast reconstruction.

Casteal said she continues to pray and remains hopeful her son will not develop the disease, and

it is her faith which has seen her through her challenges.

In May 2001, Casteal began to experience pain and numbness in her legs, which led to her being diagnosed with MS. Although she has no paralysis, she explained she can’t run like she used to enjoy doing, but she is grateful that she is still able to get around extremely well.

Casteal continued to work and enjoy time with her children even after facing her battle with breast cancer and MS diagnosis. Then in 2006, her right breast began to bother her. She was diagnosed with Stage II breast cancer in her breast and underwent a mastectomy and chemotherapy.

Breast cancer treatment and the medicine she was taking for her MS were challenging, Casteal said. “It felt like a sledgehammer smashing my bones. I was just weak and couldn’t do anything.”

She said it was during this period her faith became even stronger. “I just thanked God for Walter Reed, the doctors are so awesome and with my faith in God, they literally saved my life.”


Casteal added she prayed that God would keep her here to raise her children. “After that, it was God’s will,” she said.

In 2014, Casteal explained she began experiencing bad headaches and her kids, who by that time were in their 20s, began noticing she was having difficulty speaking. Her neurologist sent her to the hospital for a MRI.

“For some reason, I just happened to be at home and not at work the day the hospital called and told me to have someone to immediately drive me to the hospital,” Casteal recalled. She explained tests showed she had a cancerous tumor the size of a golf ball on her brain.

“I felt like I was moving in slow motion,” Casteal added.

Because of Casteal’s incoherent condition at the time, doctors had to leave the decision of whether to perform the difficult operation on her brain up to her adult children. As hard as that decision was for them, Casteal said she is very grateful they gave the go-ahead for the surgery that was 13-plus hours, which was due to the location and size of the tumor.




DARCARS VOLVO CARS

MILITARY BONUS*

Additional **\$500** off new in-stock Volvos

U.S. Armed Forces, DoD civilian employees, and civilians contracted to the U.S. Armed Forces.
Service members recently posted overseas qualify for additional military program benefits.



Fred Fischer
Director, International Sales
301.309.3900 phone
ffischer@darcars.com

DARCARS Volvo Cars
www.darcarsvolvocars.com
15401 Frederick Road
Rockville, MD 20855

* Contact us for terms, conditions, and eligibility.

Because your boots have
been the boots on the ground,
it has to be UMUC.



More than 140 locations around the world, including at military installations. Study where you serve and prepare for the career you want in one of today's most in-demand fields. University of Maryland University College (UMUC) offers the convenience and flexibility of both online and hybrid classes and the credibility of a respected public state university with a worldwide reputation for excellence. We also offer more than 90 degrees, specializations and certificates, many in career-relevant fields like business, cybersecurity, IT and more. Most programs do not require the SAT, ACT, GMAT or GRE, so you can get started right away.

Undergraduate classes start January 8.

FIND OUT HOW UMUC CAN WORK FOR YOU.

Call 301-654-1377
or visit umuc.edu/base.



University of Maryland
University College

AT YOUR SERVICE SINCE 1947

© 2017 University of Maryland University College

NOW LIVE!

The **SoMdNews App** brings you the latest local, sports and community news and information from the Southern MD Newspapers, 24/7.



The free app is updated from our full website, **somdnews.com**, in real time, delivering you the latest headlines. Download the app at **somdnews.com/newsapp** or Scan the QRC code.



SOCIAL MEDIA

NSA BETHESDA



/mwrbethesda



@navymwrbethesda



@mwrbethesda



www.navymwrbethesda.com

DOWNLOAD OUR MOBILE APPS



Navy Life



NavyMWR NDW



NFAAS



Navy Fitness



Morale Welfare & Recreation (MWR)

- 12/7 11:45 am 6th Annual Army/Navy Flag Football Game**
Team participation is open to active duty; please call MWR Sports at 301-295-0032. Everyone is invited to the Sports Complex, Perimeter Road!! Opening Ceremony: 11:30 am, Game: 11:45 am
- 12/9 10 am-10 pm Army/Navy Football Game Trip****
\$105 Open to all, \$52.50 *Liberty Price Register online. See below.
- 12/12 5-7:30 pm Winter Paint Night****
Bowling Center party room, Bldg.56 \$25.Price includes 1st beverage, wrapped canvas & all painting supplies. Register online. See below.
- 12/14 4-6 pm Happy Holidays Social Below Deck Pub, NGIS Bldg. 64**
Live music, free Warrior Café appetizer buffet!
- 12/15 11 am-2 pm Warrior Café International Luncheon**
HAITI-Haitian Pork Griot(Fried Pork) Poul Di(Chicken Stew)
- 12/15-17 Virtual 5K and 10K Reindeer Run \$5**
Awesome winter hats for the first 50 participants to register! Register online. See below. #nsabreindeerrun to post photos!
- 12/16 10 am-12 pm Breakfast With Santa, Warrior Café**
SOLD OUT!!
- 12/25 11 am-2 pm Warrior Café Christmas Day Buffet Lunch**
Prime Rib, Spiral Ham, Chicken Oscar & More \$14.25 Adults, \$7.25 Children 12 & under

**Registration for these events is available online at www.navymwrbethesda.eventbrite.com.

Liberty Center Bldg.11

PH 301-319-8431
Virtual Gaming, Snacks, Movies, Computers, Pool Table

*Liberty patrons include Single Service members E1-E6, WII, NMA & Geo-Bachelors E1-E9

12/8 6-8 pm
Departs from Bldg. 62 Lobby Zoo Lights \$5*

12/12 5 pm
Liberty Center Ugly Sweater Party*

12/14 7 pm
Liberty Center NBA 2K Tournament/NBA Game Night*

12/16 10 am-2 pm
Departs from Bldg. 62 Lobby Basilica of the National Shrine of the Immaculate Conception Tour \$5*

12/21 3:30 pm
Liberty Center Liberty Holiday Party*

12/23 9:30 am-3 pm
Departs from Bldg. 62 Lobby Clarksburg Outlets Shopping Trip \$5*

1/2/18 6 pm
Happy New Year Social at the Bowling Center*

REGISTER:

Navymwrbethesda.eventbrite.com
(*Liberty Only)Trips include transportation.

Classifieds

Call 301-645-0900

Apartments Unfurnished

Equal Housing

All Real Estate advertised herein is subject to the Federal Fair Housing Act which makes it illegal to indicate any preference, limitation, or discrimination based on sex, handicap, familial status, or national origin or an intention to make any such preference, limitation, or discrimination. We will not knowingly accept any advertising for Real Estate which is in violation of the law. All persons, are hereby informed that all dwellings advertised are available on an equal opportunity basis. If you believe you have been discriminated against in connection with the sale, rental, or financing of housing, call the United States Department of Housing and Urban Development at 1-800-669-9777.



Adoptions

Loving couple eager to adopt your newborn. Promising endless love, joy, and security.

Call Laura and Owen.
1-800-349-1332

Expenses Paid.

www.lauraandowenadopt.com

To place an ad
Call 301-645-0900
or visit us online at
classads@somdnews.com

Please, help me fulfill my dream of becoming a Dad through the gift of adoption.

Call/Text Michael: 855-515-5761

Expenses paid.

Trucks/Sport Utility Vehicles



2008 F-350 SUPER DUTY KING RANCH EDITION

103K Miles, comes with plow set up and Plow. Black Ext. Red leather & Tan interior w/ Harley Davidson Decals.

22" XD Rims and 35" Nitto Tires w/90% tread.

Intake, Exhaust & Programmer. Garage kept. Call or text

443-907-2041

BUY SELL RENT HIRE
TRADE SHOP SWAP FIND
SOUTHERN
MARYLAND CLASSIFIED
TO PLACE YOUR AD
CALL 1-301-645-0900

Lakeforest

Summit Ave.

Westland Dr.

Shady Grove Metro

Montgomery College

Rockville Metro

Edmonston Dr.

Halpine Rd.

Marinelli Rd.

Security Ln.

Tuckerman Ln.

Medical Center

RideOn

extRa

Less

Stop.

More

Go!

Only 12 stops along Rt. 355

MCDOT

RideOnBus.com • 240-777-7433

Ride On

Read

The Journal

On Your

Tablet or

Smart Phone!

Visit

www.dcmilitary.com

ICE!

at GAYLORD NATIONAL

FEATURING

RUDOLPH

THE RED-NOSED REINDEER

The Washington, D.C. Region's Must-See Holiday Attraction Returns!

Now – January 1, 2018

ICE! is an indoor winter wonderland featuring:

- Walk-through ice sculpture attraction, kept at a chilly 9 degrees

• Hand-carved by 40 artisans from Harbin, China

• Depicts the story of Rudolph the Red-Nosed Reindeer

• Enjoy two-story ice slides

Tickets and Packages on Sale Now!

GaylordNational.com/military | (301) 965-4000

Located in National Harbor, MD – Conveniently located minutes from Washington, D.C. and across the river from Old Town Alexandria. *Subject to tax and service fee per ticket. **Per room plus tax, resort fee and parking. Guest must present a picture ID and an active or retired military/government ID upon check-in to qualify for these offers. No e-tickets are allowed. All tickets must be picked up at the box office with proper I.D. Package pricing, components, show schedules and entertainment subject to change without notice. See website for restrictions. PEPSI, PEPSI-COLA and the Pepsi Globe are registered trademarks of PepsiCo, Inc. Rudolph the Red-Nosed Reindeer and all related elements © & ™ under license to Character Arts, LLC. FUJIFILM and INSTAX are trademarks of FUJIFILM Corporation and its affiliates. © 2017 FUJIFILM North America Corporation. All rights reserved.

Exclusive Offers with Military I.D.

ICE! Tickets Starting at*

\$27 ADULT (ages 12+)

\$17 CHILD (ages 4-11)

a 20% Savings!

Overnight & Holiday Getaways Starting at \$159**

ICE! PRESENTED BY

pepsi.

A PART OF GAYLORD NATIONAL'S Christmas ON THE Potomac.

NATIONAL HARBOR, MD

PRESENTED BY

FUJIFILM instax